Identifying Individuals with a Dual Diagnosis and Substance Misuse

Presented by the Dual Diagnosis Substance Misuse Committee

Goal of Presentation

- To raise awareness
- To assist staff to identify individuals who may require support
- To provide information on available resources
- To identify barriers in accessing support and discuss possible solutions

Dual Diagnosis Substance Misuse Project History

- 2009, YSSN researched substance misuse in the DDX population
- Treatment options researched
- YSSN formed DDX Substance Misuse Committee with ASYR and YCHBMSYS
Participating Agencies

- York Support Services Network
- York Central Hospital Behaviour Management Services – York Simcoe
- Addiction Services York Region

York Support Services Network

- Developmental Services Program
  - Case Management
  - Service System Response Unit
  - Children's Case Coordination
  - York Region RespLseservices.com
  - Inclusive Recreation Resource Service
- Mental Health Program
  - Case Management
  - Dual Diagnosis Case Management
  - Community Crisis Response Service (310-COPE)
  - Telephone Response
  - Mobile Response
  - Mental Health Support Team
  - Short-Term Crisis Beds
  - Community Crisis Response Network

York Central Hospital Behaviour Management Services of York and Simcoe

- Behaviour Management Services (BMS) is a part of the Mental Health Program of York Central Hospital
- BMS provides behavioural services to individuals living in York Region or Simcoe County who have a developmental disability with a significant cognitive delay or are living with the effects of an acquired brain injury.
York Central Hospital Behaviour Management Services of York and Simcoe

- Services we provide:
  - Behaviour Management of York-Simcoe
    - Service is determined by evaluation of needs and is provided via a mediator model for adults and children
  - Sexuality Clinic of York and Simcoe
    - A comprehensive sexuality service is offered to children and adults who have problems with their sexual behaviour
  - York-Simcoe Brain Injury Services
    - Behavioral and case management services are provided to individuals who are 16 years of age or over and living with the affects of a brain injury.
  - Central East Autism Program – York Region & Simcoe County
    - CEAP offers intensive behavioral intervention (IBI) to children who are diagnosed with moderate to severe autism.

Addiction Services York Region

- We are a non-profit agency that supports change in the lives of individuals, their families and communities related to substance use and gambling
- ASYR offers free and confidential services for:
  - Assessment of substance use and problem gambling
  - Individual, family and group counseling
  - Referrals to specialized treatment services
  - Consultation and outreach
  - Education and training

What We Learned

- Limited information regarding Dual Diagnosis and Substance Misuse
- In York Region
  - 1% of population have a Developmental Disability
  - up to 30% will also have a Mental Illness some will estimate as high as 50 to 60%
- Depression & Anxiety Disorders are the most common among individuals with a Developmental Disability
What We Learned, con’t.

- 7.5% of the General Population will experience Substance Misuse
- Research shows individuals with a Developmental Disability will experience substance misuse at the same rate as the General Population

Dual Diagnosis

What does it mean?
- A person with a dual diagnosis is an individual with a Developmental Disability and Mental Illness.

Definitions

- Substance Use; when you take a substance into your body (eat, drink, smoke, inhale, inject)
- Substance Misuse/Abuse; using a substance in a harmful way that has negative consequences for work, school, relationships, legal and financial
- Substance Dependence; replaces the term ‘addiction’ and refers to being either physically and/or psychologically dependent on a substance
### Signs or Symptoms of Substance Misuse in Individuals with DDX
- Increased verbal and physical aggression
- Mood changes
- Offending behaviour
- Exploiting others
- Being exploited by others
- Increased seizure activity

### Social Impact of Substance Misuse in Individuals with DDX
- Decreased motivation
- Isolation
- Loss of interest in preferred activities
- Risk of job loss (financial difficulties)
- Loss of relationships
- Increase of high risk behaviour
- Poor judgment in choice of relationships
- Conflict with the law

### Physical Signs and Symptoms of Substance Misuse in Individuals with a DDX
- Increased risk new or worsening of existing health problems
- Different drug categories create different signs and symptoms
Stimulants

- Active Misuse Symptoms
  - Increased alertness
  - Insomnia
  - Appetite loss
  - Grandiosity
  - Euphoria

- Withdrawal Symptoms
  - Disorientation
  - Long periods of sleep
  - Irritability
  - Apathy
  - Depression

Depressants

- Active Misuse Symptoms
  - Relaxation
  - Increased appetite
  - Slurred speech
  - Loss of balance
  - Loss of Inhibition
  - Anger (expressed or suppressed)

- Withdrawal Symptoms
  - Hyperactivity
  - Decreased appetite
  - Insomnia
  - Irritability

Hallucinogens

- Active Misuse Symptoms
  - Heightened senses
  - Delusions
  - Hallucinations
  - Altered perception of time and distance

- Withdrawal Symptoms
  - Muscle aches
  - Drowsiness
  - Depression
  - Drug seeking behaviour
    - Stealing
    - Prostitution
    - Manipulate others
### Narcotics

- **Active Misuse Symptoms**
  - Euphoria
  - Drowsiness
  - Respiratory problems
  - Depression
  - Constricted pupils
  - Nausea

- **Withdrawal Symptoms**
  - Watery eyes
  - Runny nose
  - Yawning
  - Loss of appetite
  - Tremors
  - Panic
  - Cramps
  - Nausea
  - Chills
  - Sweating

### Effects of Substance Misuse in Individuals with a DDX

- Less substance needed to precipitate psycho social and health problems
- Increase in ER visits

### Effects of Substance Misuse in Individuals with a DDX

- Interactions of prescription medications and substances can be detrimental
**Effects of Substance Misuse in Individuals with a DDX**

- Use of substances when taking prescription medications can:
  - Decrease effects of meds
  - Increase effects of meds
  - Not alter the effects of meds
- Can result in death

**Effects of Substance Misuse in Individuals with a DDX**

- Recognizing when a PRN may be becoming addictive
- “As needed” may become routine
- PRN protocols may not be developed/followed
- PRN overused preventatively
- Increased tolerance
- Maladaptive behaviours may be used to access PRN

**Barriers to Treatment...**

- Knowledge across different service sectors varies
- Gaps in coordination between mental health, developmental and addictions services, impedes developing a coordinated treatment plan
- Service providers have different mandates
- Lack of resources to support individuals in accessing treatment
- Readiness to self refer
Barriers to Accessing Treatment for Individuals with DDX

- Substance misuse is not identified as problematic
- Stigma
- Cloak of competence
- History of trauma
- Not recognizing that all three disorders should be treated at the same time
- Ability to self refer

What Exists to Support Individuals...

- 310 COPE
  - Crisis response - telephone, mobile
  - Mental Health Support Team (MHST)
  - Short Term Crisis Beds
  - Link to resources
- Detox - Residential and Community (3-5 days)
  - Limitation is that individual may need to discontinue psychotropic medications
- Residential Treatment Centres (3 weeks+)
- ASYR
  - Community Withdrawal Management
  - Outpatient assessment, referral, treatment and aftercare

What We Are Offering

- Education to community agencies to increase knowledge regarding Substance Misuse in DDX population
- 6 Week Education Group for individuals with a DDX and Substance Misuse
- 16 Week Skills Group
Group Goals:
- To improve quality of life
- Increase skills in areas of emotion regulation, problem solving, interpersonal effectiveness and distress tolerance
- Decrease the harm resulting from substance misuse
- Pre/Post: FAMHA (Functional Assessment of Mental Health and Addiction)

Group Outline
- 12 participants
- 2 parts
  - Educational and mindfulness sessions
    - 6 weeks
    - 1.5 hours each (with 15 minute break)
  - Skills
    - 16 weeks
    - 1.5 hours each (with 15 minute break)

Mediator/staff support person to accompany individual
- Education/training provided to mediators/staff to help individual practice skills between sessions
- Facilitated by staff from agencies of DDX SM committee
- Location determined by demand within York Region (also cost and availability of appropriate space)
- No cost for group and refreshments provided
- Focus is fun